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CENTRAL FAX CENTER

MAY 20 2009

AMENDMENTS TO THE CLAIMS

1. (Currently amended) A free standing ballet bar exercise device comprising:
a pair of legs, each leg having a proximal end and a distal end disposed away from the proximal end;
support arms pivotally attached to the legs at the legs' distal ends;
a horizontal exercise bar mounted between the support arms;
a first lower cross bar connecting the legs intermediate their ends;
an upper cross bar connecting the support arms; [[and]]
a backboard attached to the upper cross bar and releasably attached to the first lower cross bar to support the exercise bar in a free standing position; and
a release mechanism capable of releasing the backboard from the lower cross bar so that the device can be folded flat for storage.
2. (Original) The free standing ballet bar exercise device of claim 1 further comprising:
a floor board hingedly attached to the backboard and adapted to lay flat on a floor for supporting the weight of a user.
3. (Original) The free standing ballet bar exercise device of claim 2 further comprising:
a second lower cross bar connecting the legs at their distal ends.

4. (Original) The free standing ballet bar exercise device of claim 3 wherein the support arms are telescopic to enable the height of the ballet bar to be adjusted.
5. (Original) The free standing ballet bar exercise device of claim 4 wherein the legs telescopically extend to enhance the stability of the unit.
6. (Original) The free standing ballet bar exercise device of claim 4 further comprising a cushioned mat covering the floor board.
7. (Original) The free standing ballet bar exercise device of claim 4 further comprising spring loaded knobs mounted at either end of the upper cross bar adjacent the support arms, the spring loaded knobs adapted to lock the support arms at a desired height.
8. (Original) The free standing ballet bar exercise device of claim 4 wherein the floor board is joined to the bottom edge of the backboard by at least one hinge.
9. (Original) The free standing ballet bar exercise device of claim 8 wherein the at least one hinge is releasably attached via a snap fit onto the first lower cross bar.
10. (Currently amended) The free standing ballet bar exercise device of claim [[9]] 1 wherein at release mechanism is ~~least one hinge is locked into place to the first lower cross~~

bar by a spring loaded cammed handle.

11. (Original) A method of using the free standing ballet bar exercise device of claim 4 comprising the steps of:

placing at least a portion of the user's body on the floor board to apply a downward force on the floor board and thus stabilize the device; and
using the exercise bar to stretch or perform exercises.

12. Cancelled.

13. Cancelled.

14. Cancelled.

15. (Currently amended) A free standing ballet bar exercise device comprising:
a pair of legs, each leg having a free, proximal end and a distal end disposed away
from the proximal end;
a lower cross bar connecting the legs intermediate their ends;
a support arm pivotally attached to each leg at the leg's distal end, each support
arm having a bottom end where the support arm is connected to a leg and a top end;
a horizontal exercise bar mounted to the top ends of the support arms;
an upper cross bar connecting the support arms intermediate the bottom and top
ends; and
a backboard rotatably attached to the upper cross bar and capable of extending
substantially vertically to the floor to support the exercise bar in a free standing position;

~~The free standing ballet bar exercise device of claim 14 wherein the backboard is~~
releasably attached to the [[first]] lower cross bar.

16. (Original) The free standing ballet bar exercise device of claim 15 further comprising a floor board hingedly attached to the backboard and adapted to lay flat on a floor for supporting the weight of a user.